

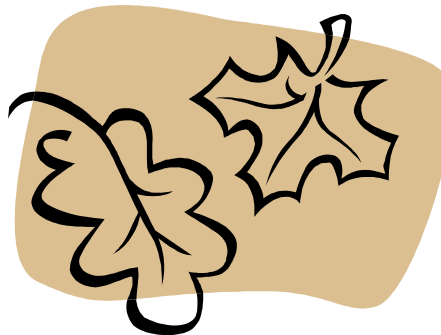
HARPER CENTER BULLETIN

Harper Center Bulletin # 173
September 1st, 2009

SEPTEMBER 2009 NEWSLETTER

Wow, the weather has been a little weird lately hasn't it? I mean, there was some real good hot stuff a couple weeks ago and now this...what was it like while I was gone last week?

Anyway, September has come, summer is just flying by and now we'll be approaching fall. The kids across the street will be returning to class soon and there will be life on the playgrounds there during the day. I'm sure that I'll have some news about the reading buddies soon and I'll pass it on when I get it. I can remember dreading this time of year and wishing that the days would stretch or perhaps that we could go in reverse to July. No such luck, never going to happen. We're lucky to live in New England because of the seasons so let's enjoy the colors to come!



The Williamstown Council on Aging lives in the Harper Center at 118 Church Street in Williamstown. You can reach us via telephone at 458-8250, fax to 458-5156 or email to bogrady@williamstown.net We're open for business from Monday thru Friday from 8-4 and on Sunday for lunch at 11.

The Council on aging has been providing quality services to Williamstown elders since 1966!

SHARE AND SHINE IN SEPTEMBER

Our SHINE volunteer Peg Jenks will be here in the friendly confines on Wednesday September 16th at 11:30 to meet and work with anyone who has health insurance information issues. She's also available to meet by appointment at other times by making arrangements thru the office. Our monthly SHARE packages, now officially to be called "Berkshire Serve" feature convenience packages with 7 different single serving meals for \$19 or the family package, beef, pork, veggies and fruit for \$26. There's a seafood sampler for \$19 and a chicken melt combo for \$20. Let us know if you're interested and we'll help you order!

ALADDIN'S SEPTEMBER 1ST

Can't do anything about it. the days have dwindled down to a precious few. But we'll have a glorious fall season, right?

Before we get there, on September 1st, a Tuesday, we'll host a hot dog fest featuring gourmet hot dogs and assorted other stuff, like salads and so on. We've noticed that the old hot dog seems to be the meat of choice at these things, leaving the hamburger in the dust – probably because we cook them pretty well. Sorry, won't serve an undercooked burger, been down that road before, right?

So we'll party and the Aladdin's will be here to play for us once again. There will be a sign up and we'll ask you to please let us know if you're coming so we get the right amount of food– Thanks in advance!



SAVE A LIFE

We're offering another chance at becoming a true blue certified life saver here at the Harper Center on September 4th, a Friday, at 9:00 in the morning. The Village Ambulance folks will present a course in Adult and Infant CPR including choke saver training at a cost of, well actually it's free if you register thru the Council on Aging at 458-8250. In the space of a couple hours you'll acquire the knowledge to potentially mean life to another individual if they suffer a coronary or choke and become certified thru the American Heart Association as a "Heart Saver". This program fills the bill for individuals wanting to become certified for the first time and those wishing to renew their existing one. Think about it; learn how to save a life for free. Got a better free give away offer than that?



OFFICE BLUE

Big Blue hasn't been here for awhile. She's been having a number of great adventures, I'm sure that we've all seen her in the papers and heard stories of her adventures tracking people down when they go astray. She has even graced the cover of our annual town report...what a star she has become! Anyway, she'll come to regale us with her tales of adventure and will bring her human assistant, Officer Mike Ziemba with her for a cookout on Tuesday September 22 at noon. What a way to say hello to fall –it is the first day of autumn after all, yup, summer is fading away, but here come colorful leaves and Officer Blue!



NOTES FOLLOWING A GREAT VACATION

Yeah, I just came back from Virginia and the first thing I discovered was that the weather isn't quite right, as a matter of fact, it's pretty damn cold up here. Has it always been this way?

Anyway, the second thing I noticed was how stressed out some people can get, an observation I can make coming back after a vacation...yup, I've heard about someone or something that didn't go right last week. The truth, and it is the truth, is that some things will go wrong no matter what you do and there's nothing you can do about it so don't worry about that which you cannot control! A couple years ago, there was a sizeable request for a suggestion box to be placed out in the public area for use as a means of making suggestions. We have placed the box, it never gets used, I think we've had 2 suggestions so far and awaiting more. Thoughts?



CHICKEN AND A MOVIE-LAST COOK OUT OF SUMMER

The Red Hats are going off to the golf course on Tuesday September 15 and not for reasons I approve. They'll be at Waubeeka to have lunch of all things and I'll be betting you that not a single one of 'em will pick up a club and take a cut at a ball...The rest of us will grill chicken out on the patio and have a little mini feast here. Actually, I should say the COA will provide the chicken, the rest of y'all will have to bring a dish to share pot luck style with everyone else. After lunch and we've cleaned the dishes up and finished with the grill, those who are interested can stay and watch a movie, a classic, "Singing in the Rain", a request made recently when we asked what you'd like to see for flicks...So, it's lunch at noon followed by singing after when we're cleaned up. I need an accurate count so please sign up!

DO NOT CALL NATIONAL REGISTRY

The National Do Not Call Registry is open for business. This is pretty much the same idea behind the Massachusetts model but this one obviously is a bit bigger. You call 1-888-382-1222 and follow the directions, it's simple and your telephone number will have protection from telemarketer calls from all over the country. You have to call from the number you want protected, it's about a 45 second call and they get your information recorded without any fuss at all. I have registered my cell phone number as well as my home telephone. You can do it on line too, via computer if you have email capacity. It's simple, free and probably won't hurt...



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**We're on the web:
www.williamstown.net**

We're asking questions about services and programs again, we have a form we're asking you to fill out which addresses your program preferences for the coming year and hopefully covers all the bases. There are a couple of individuals who have volunteered to recruit talented individuals to add new programs to our current list so don't hesitate about offering an opinion. The survey is real and we'll report the results in a coming newsletter, probably November. Additionally, Kim is up dating the emergency list, it's a confidential list of individuals who would need help in the event of an emergency. We don't share the list with anyone except the police department, where a second copy will be kept—the other is here— and access is granted to emergency personnel, police fire representatives, and only in the event of an emergency. Let us know if you or someone you know should be included and we'll do the rest.

PAGE FOUR NEWS AND NOTES

Kip Lyons, our foot care expert will be in the house on Tuesday September 15th to work her magic with everyone's feet. If you've signed up to see her, great, if not and you're interested, ask and we'll hook you up next time...

Brown Bag for September will be on the afternoon of September 25th, a Friday, as usual. Brown Bag is a monthly paper bag filled with assorted canned goods and typically fresh produce. Interested? Ask us!

The monthly Blood Pressure Clinic hosted by our friends at Premier Health Care will be at noon on September 8th-right before the Friendship Club meeting. Reservations NOT required!

Finally, remember that you be getting important information from your prescription drug plan in the mail soon-Medicare and Prescription Advantage will be sending you news so when you get it, don't throw it out! Read it and ask us if you need help, OK?

